

CFS May 2013 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Carrot Sticks Fresh Fruit 1% Milk	Turkey Burger V: Veggie Burger String Cheese Cucumber Slices Fresh Fruit 1% Milk	Creamy Pesto Pasta V: Parmesan Bread Green Beans Fresh Fruit 1% Milk
6	7	8	9	10
Alfredo Pasta V: Garlic Bread Cauliflower Fresh Fruit 1% Milk	Turkey Meatloaf V: Veggie Meatloaf Mashed Potato/Gravy Mixed Veggies Fresh Fruit 1% Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Green Beans Fresh Fruit 1% Milk	Cheese Quesadilla V: Mexican Rice Corn Fresh Fruit 1% Milk	Macaroni & Cheese V: French Bread Broccoli Fresh Fruit 1% Milk
13	14	15	16	17
Chicken Parmesan V: Eggplant Parmesan Steamed Rice Broccoli Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Mixed Veggie Fresh Fruit 1% Milk	Parmesan Pasta V: Garlic Bread Carrot Fresh Fruit 1% Milk	Grilled Cheese Sandwiches V: Creamy Tomato Soup Corn Fresh Fruit 1% Milk	Turkey Lasagna V: Veggie Lasagna Hawaiian Rolls Cauliflower Fresh Fruit 1% Milk
20	21	22	23	24
Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Green Beans Fresh Fruit 1% Milk	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Cauliflower Fresh Fruit 1% Milk	Chicken Pasta Casserole V: Veggie Pasta Casserole Dinner Roll Broccoli Fresh Fruit 1% Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Chinese Spinach (Gai Lan) Fresh Fruit 1% Milk	Chicken Enchiladas V: Cheese Enchiladas Mexican Rice Corn Fresh Fruit 1% Milk
27	28	29	30	31
Memorial Day CFS Closed	Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Garlic Bread Mixed Veggie Fresh Fruit 1% Milk	Chicken Chow Mein V: Veggie Chow Mein Spinach Soup Edamame Fresh Fruit 1% Milk	Lemon Herb Pasta V: French Bread Green Bean Fresh Fruit 1% Milk	Creamy Tomato Penne V: Hawaiian Rolls Corn Fresh Fruit 1% Milk

Lunch Served 11:30-12:00pm for infant and 12:00-12:30pm for preschool and school age
 Minimum Requirement: Milk 1/2cup, Meat or Meat Alternative 4.0 ounce, Fruit and Vegetables 1/2cup, Pasta and grain 1/2 cup, Soup 1/2 cup, Bread 1 slice
 Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Grapes, Tangerines, Watermelon, Strawberries and Seasonal Fruits
 Vegetarian option available at all meals

CFS May 2013 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hawaiian Roll Apples 1% Milk	2 Ritz Crackers Strawberry Yogurt 1% Milk	3 Pancakes Oranges 1% Milk
6 English Muffin Applesauce 1% Milk	7 Multi Grain Cheerios Oranges 1% Milk	8 Waffles Cantaloupe 1% Milk	9 Graham Crackers Bananas 1% Milk	10 Kix Cereal Bananas 1% Milk
13 Cheez-It Crackers Watermelon 1% Milk	14 Bagel Cream Cheese 1% Milk	15 Breadsticks Vanilla Yogurt 1% Milk	16 Multigrain Crackers Honeydew Melon 1% Milk	17 French Toast Pears 1% Milk
20 Graham Crackers Oranges 1% Milk	21 Raisin Bread Bananas 1% Milk	22 Rice Cakes Applesauce 1% Milk	23 Friendship Cereal Pears 1% Milk	24 Gold Fish Apples 1% Milk
27 Memorial Day CFS Closed	28 Bananas Pancakes Cantaloupe 1% Milk	29 Wheat Thins String Cheese 1% Milk	30 Club Crackers Apples 1% Milk	31 Honey Bunches of Oats Pears 1% Milk

AM Snack Served 9:00-9:30am

Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice

CFS May 2013 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheez-It Crackers Watermelon 1% Milk	2 Multigrain Crackers Pears 1% Milk	3 Life Cereal Bananas 1% Milk
6 String Cheese Apples 1% Milk	7 French Bread Spinach Dip 1% Milk	8 Ritz Crackers Pears 1% Milk	9 Blueberry Muffins 1% Milk	10 Friendship Crackers Mixed Fruits 1% Milk
13 Graham Crackers Bananas 1% Milk	14 English Muffin Pizza Turkey Pepperoni 1% Milk	15 Waffles Oranges 1% Milk	16 Veggie Straws Pears 1% Milk	17 Gold Fish Apples 1% Milk
20 Wheat Thins Bean and Cheese Dip 1% Milk	21 Chex Mix Pears 1% Milk	22 Kix Cereal Banana 1% Milk	23 Club Crackers Apples 1% Milk	24 Cheddar Biscuit Watermelon 1% Milk
27 Memorial Day CFS Closed	28 Cheddar Pretzels Fruit Smoothies 1% Milk	29 Hawaiian Rolls Pears 1% Milk	30 Banana Muffins 1% Milk	31 Wheat Thins Onion Dip 1% Milk

PM Snack Served 3:00-3:30pm

Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice